

SCAT Weekly FYI:

Schedule: Oct 31 – Nov 6

Mon., Weds, Thurs normal practice times. Tues NO A.M. practice. Friday NO PRACTICE.

Fri-Sun: SCAT Open Meet Warm-ups: Fri 4:00 p.m./Sat & Sun for SCAT only **7:00** a.m.

Important Dates/Deadlines:

1. Aqua-thon monies are **due this Weds Nov. 2nd**. Turn in at pool M or Weds.
2. SCAT Open (Home meet) this weekend Nov. 4-6.
3. TEAM Winter Open 14&U (Eugene, Dec 9-11) Entry Deadline is Sunday Oct 13th.
4. High School Swimming starts Monday Nov. 14th.
5. Salem Open November 19-20.

Swimmer Corner:

Iron—Do you need it? YES! Young athletes (under age of 18) are at risk for iron deficiency due to the increased need for iron while swimmers are growing, training and high losses of iron for girls during their menses. Without enough iron, red blood cells are less, which negatively impacts hemoglobin production. Hemoglobin carries oxygen to every cell in the body. With LESS hemoglobin athletic performance will suffer from early fatigue to comprised strength and power.

Iron Rich Foods: red meat, fish, poultry, beans, pumpkin seeds, squash, broccoli, nuts, sunflower seeds, spinach, green pepper, raisins, lima beans, lentils, etc.

****Parent Corner:**

Our home meet is this weekend! Please come prepared to cheer on the team and help volunteer. You can sign-up for jobs on the website—go to SCAT Open tab and click on Job Sign-up. Follow the prompts from there. We look forward to a great meet!

Aqua-thon monies/packets are due to Cassandra this week Mon. & Wed. 4-5:00pm(pool)

Equipment Bag Storage: Please share with your swimmer their equipment bags must be IN the SCAT cubbies and are not allowed on TOP of the cubbies. 3-4 swimmers can share a cubby.

Thank you to the parents who organized/donated items for the Halloween party. The swimmers truly had fun celebrating and now it's time to get back into training! J

Parents—if you have a question for a coach please send an email or set up an appointment.

See you at the pool! Coach Sasha scat.coachsasha@gmail.com